

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 03/08/2026

### Times for Sunday 9 August



| Time                | Session     | Facility     | Instructor | Level      |
|---------------------|-------------|--------------|------------|------------|
| 9:30 am - 10:30 am  | Pilates     | dance studio | Julie      | all levels |
| 10:30 am - 11:30 am | Kettlercise | dance studio | Frank      | all levels |